

5 A Day Week 2001 Recipes

5 A Day on 5 Minutes A Day

Peach-Raspberry Smoothie

Serves 1

Blend all ingredients well in blender, and drink!

- 1 cup unsweetened, frozen raspberries
- $\frac{3}{4}$ cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- $\frac{1}{2}$ cup fruit-flavored, low-fat yogurt (try peach)

Variations:

- Frozen strawberries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
- Different yogurt flavors

**Nutritional Analysis Per Serving
(including sauce):**

204 calories
42 grams carbohydrate
8 grams protein
1 gram fat
0 grams saturated fat
5 milligrams cholesterol
72 milligrams sodium
6 grams fiber
3% calories from fat
3 "5 A Day" servings